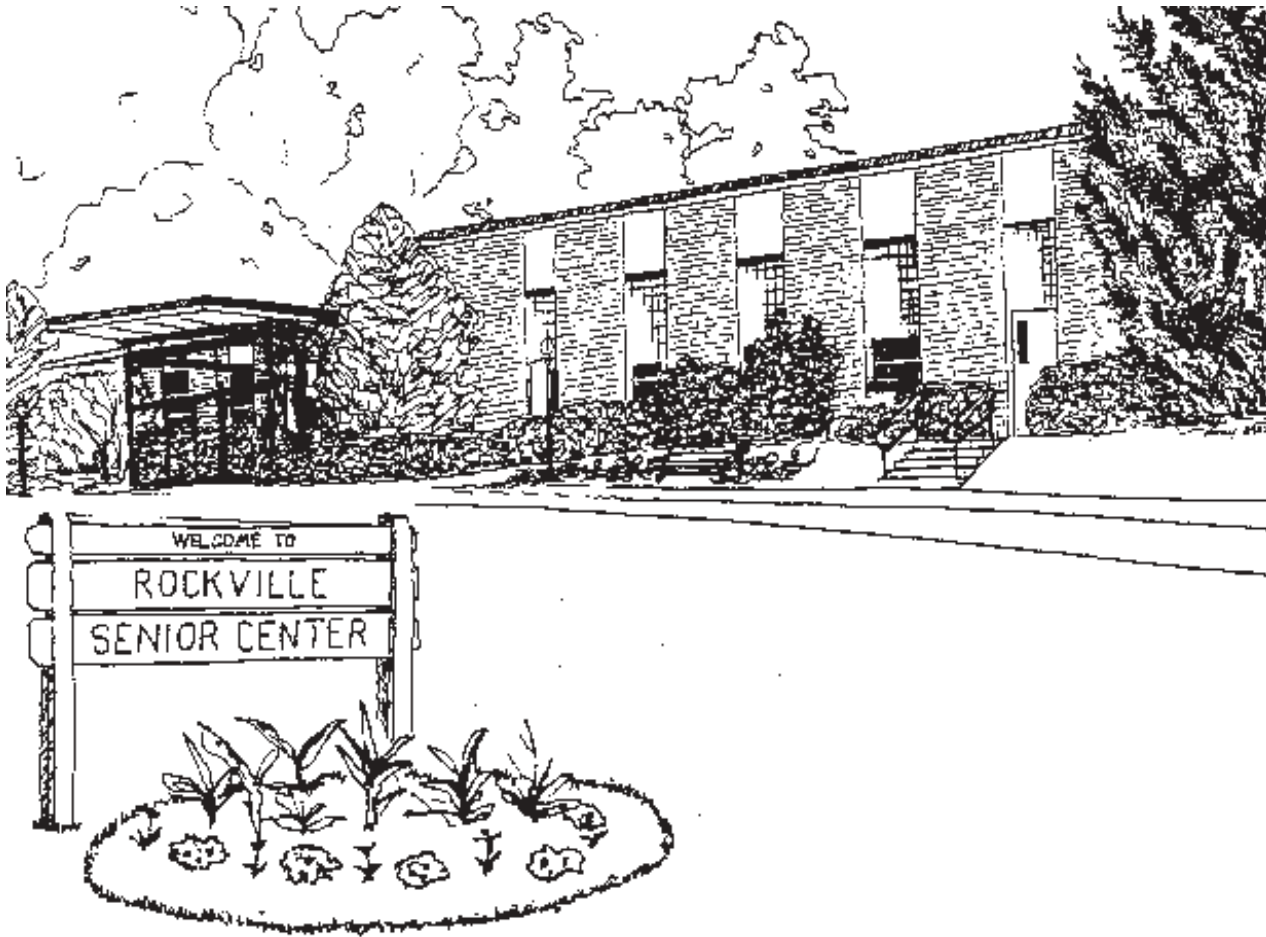


# Rockville Senior Center

*Newsletter/Calendar*

*Add life to your years!*



Atención: Si usted necesita parte de este calendario traducido al Español. Por favor de llamar al 240-314-8817.

如需詢問華裔活動日程  
請打電話: 240-314-8818

March 2005



## ***In This Issue:***

Highlights .....	Pages 2-5
Movies .....	Page 3
Items For Sale .....	Page 5
RSI Reports .....	Page 6
Senior Comm. Highlights .....	Page 8
Fitness and Wellness .....	Page 11
Wellness Matters .....	Page 12
Center News .....	Page 13
Social Programs & Services ...	Page 14
Supper Club Menu & Ent. ....	Page 15
Recipe .....	Page 15
Computer Lab Update .....	Page 16
Lunch Menu .....	Page 17

## ***Dates to Remember:***

### **ARCHAEOLOGY IN MARYLAND**

**March 4, 11 & 18  
12:30 - 2:30 p.m.**

## January/February Memorial Fund & RSI Donations



Thank you to the following people who made donations to RSI, the Memorial fund and/or the Endowment Fund:

### In Appreciation:

- Owings England

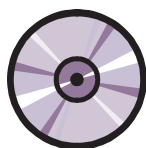
## Forget-Me- Not:



The following members have passed away:

- Rosalie Bison (85)
- Frances Hubble (74)
- Anita Van Brakle (84)
- Milton Wolper (84)

## New Movies at the Center *DVDs*



King Arthur  
Spiderman 2

## Highlights for the Month...

March 1 – 10:00 a.m. – 12:00 p.m. **CLARIFY COMPUTER CONCEPTS** Now that you have completed the Beginners Introduction to Computers, learn what comes next. This class will reinforce what you were taught and demystify all the new concepts and terms that you have encountered. After this class you will be ready for Computer Essentials and the magic of the Internet, e-mail and much more. \$6.00 – members & \$8.00 – nonmembers. **REGISTER ACTIVITY #13214.**

March 1 to 10 – 1:00 p.m. – 3:00 p.m. **PHOTO EDITING** What do you do after taking a picture? Learn how to correct composition, color quality, resolution, contrast, brightness, hue content and the use of layers. Synchronize your monitor with your printer for perfect prints. Software used is Adobe Photo Deluxe. Bring sample photos on a floppy disk or a chip. \$45.00 – members & \$50.00 – nonmembers. **REGISTER ACTIVITY #13202.**

March 2 – 1:30 p.m. – 3:00 p.m. **BIRTHDAY AND ANNIVERSARY PARTY** Entertainment by Bobby Lyle with refreshments after the program. A special thank you to our sponsors, The Young In Heart Club and the Suburban Federal Savings Bank. Free. **REGISTER ONE WEEK PRIOR TO THE PARTY, ACTIVITY #12216.**

March 3 – 10:30 a.m. – 11:30 a.m. **A DASH OF REMINISCENCE** Come meet and hear about how Henry Haller became the White House Executive Chef, serving 5 presidents and their families for almost 22 years. Learn about three White House weddings, two dinners for 1300 guests and about many State Dinners during the 1976 Bicentennial. Free. **REGISTER BY 2/23, ACTIVITY #13266.**

March 4, 11 & 18 – 12:30 – 2:30 p.m. **ARCHAEOLOGY IN MARYLAND** Come learn about the people who lived here for 12,000 years before us and specifically about those who lived down the street 700 years ago. Learn to interpret the artifacts left behind and how to dig a site scientifically. Dr.'s Genie Robinson and Mary Gallagher, anthropologists from Montgomery College, would like to form a group of Rockville senior archaeology volunteers. Free. **REGISTER BY 3/1, ACTIVITY #15487.**

## Highlights for the Month...

March 7 to 23 – 1:00 p.m. – 3:00 p.m. **E-BAY: A THOROUGH UNDERSTANDING** Everyone has 'JUNQUE' in their attic. Learn how to turn your 'junque' into cash using e-Bay, Paypal and sniping. Acquire new merchandise for sale and profit. Write your own eye-catching ads. Learn how to use watch lists, reserves, feedback and how to avoid fraud. Prerequisite: Knowing how to access the Internet. Note: \$10.00 manual fee payable to instructor at class. Class meets March 7, 9, 11, 16 & 23. \$75.00 – members and \$85.00 – nonmembers. **REGISTER ACTIVITY #13205.**

March 10 – 10:00 a.m. – 12:00 p.m. **BRAVO FOR BRUNCH** Start the day off deliciously with some easy-to-make dishes such as Italian broccoli quiche, baked fruit compote, asparagus-ham rolls and walnut sour-cream coffee cake. You'll leave with plenty of yummy ideas for your next special occasion. **REGISTER BY 2/24, ACTIVITY #13154. CLASS FILLED.**

March 10 – 1:30 p.m. – 3:30 p.m. **HELP FOR YOUR HEARING** This six-week class will teach you about hearing loss, new hearing aids and devices to help with special listening problems and situations, how to use your eyes and ears to improve communication and how to cope with difficult communication situations. Taught by the University of Maryland Speech and Hearing Clinic. Fee: \$40.00 payable to the University of Maryland the first day of class. Free. **REGISTER ACTIVITY #15422.**

March 11 – 10:30 a.m. – 12:00 p.m. **WILD ABOUT WILDFLOWERS** The mid-Atlantic region harbors a wealth of different habitats ranging from wetlands, to woodlands, to open spaces and rock outcrops, all which create a diverse array of wildflowers. Enjoy a slide show of beautiful local flowers and plant wildflower seeds in pots to grow on your windowsill. \$5.00 members & \$8.00 nonmembers. **REGISTER BY 3/4, ACTIVITY #15516.**

## At the Movies in March...



### **THE TERMINAL (PG-13)**

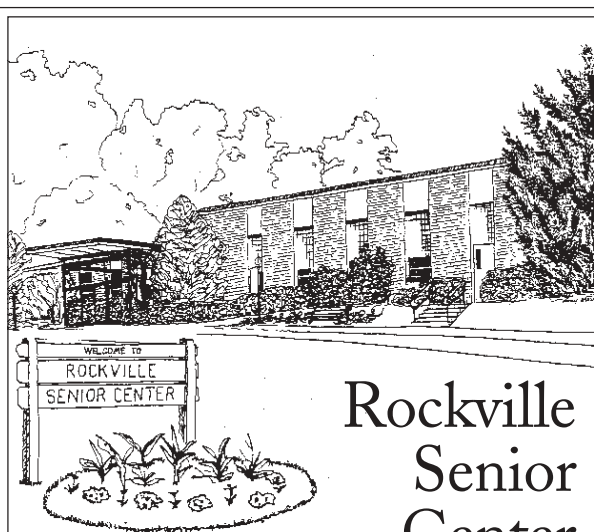
*March 10 & 11 at 1:00 p.m.*

After arriving at New York's JFK airport, Viktor Navorski (Tom Hanks) gets unwittingly caught in bureaucratic glitches that make it impossible for him to return to his home country or enter the U.S. Now, caught up in the richly complex and amusing world inside the airport, Viktor makes friends, gets a job finds romance and ultimately discovers America itself.

### **THE BOURNE SUPREMACY (PG-13)**

*March 24 & 25 at 1:00 p.m.*

They should have left him alone. Matt Damon is back as expert assassin Jason Bourne in this stunning, non-stop action hit. Fuelled by awesome fight scenes and some of the most breathtaking chase sequences ever filmed. It's a state-of-the-art espionage thriller that explodes into action and never lets up!



## Rockville Senior Center

### *Rooms Available for Special Occasions*

If you are planning a reunion, baby shower or wedding reception, the Rockville Senior Center has space available to rent for reasonable rates.

Set in a quiet, park setting conveniently located between Routes 355 and I-270, the center has a large reception room ideal for large parties and receptions of up to 200 people. Smaller meeting rooms for 10 to 50 people are also available. Senior Center Member Discount.

For additional information, call 240-314-8801

## *Highlights for the Month...*

March 14, 29 & 31 - Monday, Tuesday, & Thursday **BEGINNERS INTRODUCTION TO COMPUTERS** This 6-hour course is for seniors having very little or no computer experience. Learn how to use the computer mouse, keyboard and simple word processing programs. Basic skills are taught in small classes at a pace to build confidence and encourage further learning. Keyboard session: Monday, March 14, 10:00 a.m. - 11:30 a.m. Mouse session: Monday, March 14, 12:30 p.m. - 2:00 p.m. Word Processing session: Tuesday and Thursday, March 29 & 31, 10:30 a.m. - 12:00 p.m. Beginners are eligible to attend the Beginners Practice Lab and receive further individual instruction every Friday morning from 9:30-11:30 a.m. Free. **REGISTER ACTIVITY #13208.**

March 15 - 1:00 p.m. - 3:00 p.m. **WINDOWS Accessories** WINDOWS includes a clock, a calculator, the PAINT program, two word processing programs, two games, an address book, etc. Learn how to find them, place their shortcut logos on your desktop, and a little bit about each of them. Free. **REGISTER ACTIVITY #13257.**

March 16 - 10:00 a.m. - **TRIP REGISTRATION LOTTERY FOR SPRING TRIPS.**

March 17 - 11:00 a.m. - **YOUNG IN HEART CLUB MEETING**

March 17 - 1:00 p.m. - 3:00 p.m. **FORMATS, FORMATS, FORMATS** Are you still using only one or two fonts? WINDOWS includes numerous styles of print figures, ranging from open blocks, serif, sans-serif, script and mathematical and commercial symbols. You may even find languages such as Greek, Hebrew, Japanese, Turkish and Arabic. Learn how to find and mix fonts, symbols and sizes and colors of print for all your correspondence. Free. **REGISTER ACTIVITY #13256.**



## Highlights for the Month...

March 17 – 1:00 p.m. – 2:00 p.m. **YOU AND YOUR BLOOD VESSELS** Have you heard that your blood pressure numbers should now be lower than ever? Why the changes? What does this mean for you? Learn how your vascular system works and why it is so important to have good control over your blood pressure. Dr. James Salander will answer your questions on this important subject. Presented by Suburban Hospital. Free. **REGISTER ACTIVITY #13222.**

March 22 – 1:00 p.m. **RHINE RIVER CRUISE DOCUMENT PARTY** Documents will be given and final instructions to all those with confirmed reservations. It is important that you or your roommate attend. If not possible, call Joyce, 240-314-8822.

March 23 – 10:30 a.m. **ENGLISH CLASS REGISTRATION.**

March 23 **AMERICAN INDIAN MUSEUM TRIP** For those with confirmed reservations. We will be glad to add your name to our waitlist.

March 31 **RAINBOW DINNER THEATRE** For those with confirmed reservations. We will be glad to add your name to our waitlist.

## THE FAST WAY TO RECOGNIZE A STROKE

F - Facial Weakness	Ask the person to smile
A - Arm or Leg Weakness	Ask the person to shake hands
S - Speech Difficulty	Ask the person where they are
T - Time to call 911	Ask someone to call 911

The American Stroke Association says that we can prevent much brain damage if you can tell these symptoms to the 911 dispatcher. Call 1-888-4-STROKE or go to [www.StrokeAssociation.org](http://www.StrokeAssociation.org) for more information.

## For Sale...



Cemetery property, Fort Lincoln Cemetery, Chapel Section, One site, Double depth, marker privilege. Price negotiable. Call 301-963-2554.

Airofit Pro Fitness Glider. Like new. Including two workout videos. \$100. Call 301-340-6458 after 6pm.

Parklawn Rockville Cemetery - 4 lots. Garden of Life Eternal. \$7,000.00 for all 4 or \$2,000.00 each. Call 301-762-6470.

Ads are free for members and \$5.00 for non-members. Each ad runs for 2 months. To place an ad, please call 240-314-8800.

### Senior Services Numbers

Social Services .....	240-314-8810
Transportation .....	240-314-8810
Lunch Program .....	240-314-8810
Rockville Senior Center .....	240-314-8800
Recreation .....	240-314-8820
Sports & Exercise .....	240-314-8820
Wellness .....	240-314-8803
Nurse .....	301-610-0143

# RSI Reports...

The meeting of Rockville Seniors Inc. was held on Tuesday, January 18, 2005, at the Rockville Senior Center. The meeting was called to order by Chairman Ron Barber at 1:00 p.m. followed by a moment of silent prayer.

The minutes from the December 21, 2004 meeting were accepted with revisions.

**TREASURER'S REPORT:** A report for the month of December was presented.

## **STANDING COMMITTEES:**

**A. Budget:** Betty H. has prepared a report for December and has made some minor changes to the format. The report also will be changed to reflect which account the Dining Room funding came out of. The board thanked Betty H. for her hard work.

**B. Ways & Means:** The Spring Bazaar and Yard Sale will be on May 21, 2005.

**C. Bingo:** Bingo is doing very well. We still need a replacement for the Bingo Coordinator.

**D. Correspondence/Memorial:** We received four memorials in December totaling \$350.00. Cards were sent to family members and none of the donations were designated.

**E. Gift/Thrift Shop:** We made \$2,480.00 in sales, paid out \$844.00 to consignors and deposited \$1,520.00.

**F. Publicity:** George will check on ads for Bingo in the Community Page section of the Gazette.

**G. Senior Citizens Commission:** The commission will present their report on affordable housing for seniors on February 7,

2005 at 5:30 p.m. to the Mayor and Council. There is a United Seniors of Maryland rally next week. There are still two seats left on the bus. It costs \$10.00, which includes breakfast, lunch and meetings with legislators.

**H. Hispanic Services Report:** No report.

**I. Asian Services Report:** Chu had previously asked about assistance for paying for English classes. Lorraine Schack gave him forms for Senior Assistance Fund. Chu asked if we would publicize it more. Jill will suggest to Lorraine that we publicize it in the newsletter along with the criteria.

## **OLD BUSINESS:**

The light which was installed at the front of building was generously funded with \$1,000.00 from Mike Critzer's Parks budget. A thank you note will be sent to him.

The board decided that they should get more than one bank to present financial advice before making any decisions on investing the money currently in CDs. Ron will contact several banks in the area and have them present their plans on January 26 or January 27 around 1:30 p.m.

## **NEW BUSINESS:**

Lorraine Schack has requested \$294.00 for a deep freeze maintenance package in the Computer Lab. Louise made a motion to purchase the deep freeze maintenance package for \$294.00 for the Computer Lab. Marty seconded the motion. Motion carried.

## **STAFF REPORT:**

Information about the Estelle Berberian award and nomination form will be in the February newsletter. George will handle the nominations. Jill has asked that the nomination forms be in by Friday, April 1, 2005.

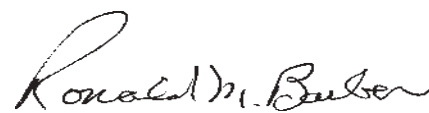
The front door will be replaced in six to eight weeks.

There will be a meeting at the Senior Center on February 16 regarding traffic calming in Woodley Gardens. Neighbors have some concerns about traffic coming to the Senior Center and would like to close the Carnation Drive entrance and open up a new one on Gude Drive. Betty H. will attend the meeting and represent RSI. Jill will find out if this is an open meeting or just the task force.

The handicapped parking signs and the no parking bus lane signs that were removed will be replaced.

The roofing job has been completed.

The meeting was adjourned at 2:22 p.m. The next meeting is scheduled for February 15, 2005.

  
RSI Chairman and President

## Center Programs & Events...

Dressed in "Full Regalia", a Red Hat and Purple Outfit, the Center's Red Hat Society chapter enjoyed a pot luck luncheon while planning their upcoming activities.

According to Queen Mother Sue Ellen Cooper, who started the society in California, "The Red Hat Society began as a result of a few women deciding to greet middle age with verve, humor and elan. We believe silliness is the comedy relief of life, and since we are all in it together, we might as well join red-gloved hands and go for the gusto together. Underneath the frivolity, we share a bond of affection, forged by common life experiences and a genuine enthusiasm for wherever life takes us next."



March 2005

*Add years to your life....and life to your years!*



## BINGO EVERY

## WEDNESDAY

The Rockville Seniors, Inc. fundraising  
BINGO every Wednesday night.

- > \$1,000 Jackpot
- > Early Bird starts at 7:00 p.m.
- > Regular Games at 7:30 p.m.

Free, well-lit parking  
Complementary food with admission

1150 Carnation Dr.  
Rockville, MD 20850 • 240-314-8800

*Directions: 240-314-5019*

Rockville Senior Center • 7



# Senior Citizen Commission Highlights...

On Monday, February 7 members of the Senior Commission met with Mayor and Council to discuss their concerns regarding housing for seniors. The article about the worksession that appeared in the Gazette newspaper is reprinted below.

## Report finds seniors face significant challenges living in Rockville

by Noelle Barton  
*Gazette Staff Writer*  
Feb. 9, 2005

Seniors in Rockville face significant challenges when it comes to maintaining property they own or finding homes to rent that they can afford, the city's Senior Citizens Commission told the City Council at a worksession Monday evening. That seniors — those who own homes and those who rent — operate on fixed incomes is the “chief impediment” to their ability to manage housing needs, commission Chair Ciriaco Gonzales said. Some renters who live on Social Security make under \$10,000 per year, he said. “I want to emphasize that this is a pretty serious situation for senior citizens,” Gonzales said.

The commission met with the City Council to share its nearly year-long research into the issue of senior housing. The commission found seniors have a very difficult time staying in Rockville, and one member said she knows more than 30 who have left the city for more affordable places to live.

Those who own homes face the reality of rising utility costs and the reality that rising assessments mean higher tax bills.

The commission identified an issue with the Moderately Priced Dwelling Unit program, saying seniors on fixed incomes do not earn enough money to afford the units. The units are available to people earning 60 percent of the median income, and the commission found that seniors would need units that require earning 30 percent of the median.

Councilwoman Anne M. Robbins said she was glad progress had been made with JBG Companies, the developer of the Twinbrook Commons project at the Twinbrook Metro Station and the Upper Rock project near Shady Grove Road, who has committed to including senior units in those developments.

The commission made several recommendations to the city based on its research over the past several months, including:

- \* changing zoning regulations to allow properties to be zoned by right as multifamily senior housing;
- \* designating a greater percentage of units as rentals for low- to moderate-income residents, such as people making 30, 40 or 50 percent of the county's median income;
- \* relaxing restrictions on additions to homes;
- \* capping real estate taxes for seniors;
- \* subsidizing handyman services; and
- \* revising MPDU regulations to make more housing available for seniors.

The city is already looking at targeted tax credits for seniors, Mayor Larry Giammo said.

Gonzales said the report the commission presented this week would hopefully motivate the city to have staff members do a more exhaustive survey of senior needs in Rockville.

Councilman Robert E. Dorsey said he wants Rockville to initiate a “Senior Preference Dwelling Unit” program similar to the city's MPDU program, but tailored to the needs of seniors.

Ed Duffy, community development program manager, said MPDU rents are too high for seniors. It costs \$871 per month for a one-bedroom unit and \$971 for a two-bedroom unit.

Giammo said he wants to consider the potential to set aside a senior component within the city's MPDU program, which Assistant City Attorney Sondra Block said she is pretty sure the city could do.

Councilwoman Susan R. Hoffmann said she wants to be sure Dorsey's “Senior Preference Dwelling Units” could be converted back to Moderately Priced Dwelling Units in the future if the need for senior housing ever declines.

Burt Hall, director of recreation and parks, said the staff would do a senior needs survey to get baseline information before setting senior preference levels.





# *Estelle Berberian*

## *Volunteer of the Year Award*

Start thinking now about your nominee for this year's Volunteer of the Year Award. The Estelle Berberian Volunteer of the Year Award was established in 2003 on the occasion of Estelle's 100th birthday. Last year Stuart Crump was presented with the first award - we are looking for someone to honor this year!

Any member of the Rockville Senior Center or its staff may nominate a candidate. Nominations must be submitted in writing. Forms are available at the Information Desk.

Nominations must be received by George Galasso, RSI Board Member and Committee Chair, by April 1, 2005. An RSI committee will review all nominations and the winner will be selected by the RSI Board at their April meeting.

The award will be presented at the Rockville Senior Center's Annual Volunteer Appreciation Party on May 17, 2005.

The Award winner will receive a cash prize of \$100 and his/her name will be added to the Volunteer of the Year plaque in the Center's lobby.

### *Who is Eligible to Win the Award*

Any person who has volunteered at the Rockville Senior Center for at least three (3) years is eligible to receive the award.

The nominator must describe the nominee's exceptional attributes and volunteer activities over the past year that make them worthy of the award. The nominee needs to have demonstrated some activity over the past year that makes him/her stand out among the almost 300 volunteers at the Center.

He/she must have made some outstanding contribution for the betterment of the Center and/or its members.

Preferably, the nominee's contributions should not be limited to one field of endeavor, but should be an active participant in a range of Center activities.

If you have any questions, please ask Jill or an RSI Board member.

# Annual Senior May Gala Banquet



Thursday, May 5, 2005

6:00 – 9:00 p.m.

5:45 p.m. Social Time & Cash Bar

Gaithersburg Marriott Washington Center  
9751 Washington Blvd. Gaithersburg, Maryland

**Menu:** An entrée selection of baked salmon with dill cream sauce or marinated flank steak for our sit-down dinner.

**Tickets:** Tickets will be waiting for you at the door.

**Cost:** \$36 – Members \$45 – Non-members

**Registration:** Complete the registration form below, enclose your check payable to the City of Rockville and leave in the Senior Center registration box or mail to:

Rockville Senior Center – May Gala  
1150 Carnation Drive  
Rockville MD 20850

**Transportation:** If you need transportation, please indicate your request on the transportation line of your registration form. Only those who have completed this line will be scheduled for a bus pickup.

## Headline Entertainment: The Dale Jarrett Trio, The New Attitudes and The Carnation Players.

**Seating Reservations:** If you wish to dine as a group, please complete a SEATING FORM available at the Information Desk and attach it to your registration. Tables will seat ten. All requests must be received by April 11<sup>th</sup>.

**Registration Deadline: April 11<sup>th</sup>**

[illegible]

## Annual Senior May Gala Banquet - #15320

Name:

Address:

Please check your entrée:

Baked Salmon

Marinated Flank Steak

If you need transportation, please list the location for pick-up:

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

# *Fitness and Wellness: Working Hand in Hand for a Healthier You!*

## **FITNESS**

### FITNESS CLUB ROOM

#### HOURS:

Mon.-Fri.-8:30am-4:50pm;

Sat. 8:30am-12:50pm

Membership available by taking Exercise Machine Training. See Guide for information.

#### Exercise Machine Training:

Register via Recreation Guide. You will be called for an appointment time.

Toning Table Training: Register via Recreation Guide. You will be called for an appointment time.

Game Room: Table tennis & pool tables, dart board & equipment are available Monday - Saturday.

Senior Fitness Cluster: Apparatus & directions located behind children's playground.

Weight Scales: In Fitness & Health Rooms.

Personal Trainer Available: See Recreation Guide.



## **WELLNESS**

### Health Insurance Counseling:

Call 240-314-8810 for an appointment. One-on-one counseling on medicare, medigap, long-term care insurance, HMOs, claims and appeals. Wed. 3/9.

Blood Pressure Screenings: Mon. 3/14 & 3/28 and Wed. 3/2 & 3/16. 10am - 12 pm

Loan Closet: Medical equipment for short-term loan. Call 240-314-8803.

Medical Clinic: 3/1 - 12:30pm - 3:30pm & 3/15 - 12:30pm-5:00pm. Call 301-493-2400.

Heartwell Nurse: Mon. Wed. & Fri., 10am-2pm. Call 301-610-0143 for an appointment.

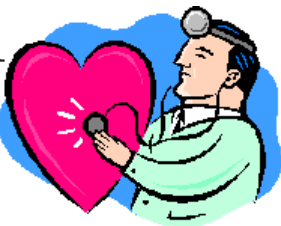
Body Fat Composition: Thursdays, 10:30am- 12pm

Healthcare Screenings: Tues. 3/22 - call 1-888-922-2528 for appt. Includes abdominal aortic, carotid vascular and ankle brachial index.

Cholesterol Screening: Friday 3/18. Call 1-800-542-5096 for an appointment. \$21.00 for seniors.



## HeartWell Tip of the Month



Spring arrives on March 20th. The new Activity Guidelines call for 30 to 90 minutes of daily activity. To sustain weight loss in adulthood, get at least 60 to 90 minutes of moderate-intensity physical activity and do not exceed caloric limits.

Mary and I are resuming our **HeartWell walking program** on March 23rd. It will meet on the 1st and 3rd Mondays and the 2nd and 4th Wednesdays of each month. Please meet in the Health Room at 10:45am. Suburban Hospital WellWorks T-shirts will be given to active participants. Let's get moving!

*Submitted by Ronnie Kidd, RN*

## Mobile Post Office

Don't forget that we have a Mobile Post Office that visits our center every Tuesday from 11:15 a.m. - Noon. This is a great full service opportunity to avoid the lines at the Post Office.

## Wellness Matters...What are Sugar Alcohols?

Have you ever looked at the ingredients label on a food item that says "sugar free" and wondered what sugar alcohol was? Well this class of sweeteners is neither sugar nor alcohol. They come from fruits, trees and other plants when the sugar source in the item is hydrogenated through a chemical process. Sugar alcohols are considered nutritive sweeteners where as other sweeteners like Equal, Sweet'n Low and Splenda are considered non-nutritive sweeteners because they have no calories.

Sugar alcohols or "polyols" generally have half the sweetness and half the calories of sugar. Sugar has 4 calories per gram and sugar alcohols have about

2 calories per gram. They are more slowly and incompletely absorbed from the small intestine than sugar and therefore produce a smaller rise in blood sugar.

However, diabetics need to use caution because sugar alcohols do have carb calories and consuming large amounts can add up and affect both your blood glucose and calorie intake. If a food contains just one sugar alcohol it is listed on the label but if there is more than one sugar alcohol on the label it will just say "sugar alcohols"

The following are all sugar alcohols:

- Sorbitol
- Lactitol
- Xylitol
- Mannitol
- Erythritol
- Dulcitol
- Isomalt
- Maltitol
- Starch hydrolysates

Sugar alcohols are absorbed slowly and incompletely in the bowel. Therefore, large amounts can cause abdominal swelling, bloating and diarrhea. The laxative effect happens for two reasons. First because the sugar alcohols are not completely absorbed they hold onto a lot of water in the bowel and this can cause diarrhea. Second when undigested carbs reach the colon the normal bacteria that are present there go wild which can cause unpleasant gas and bloating. Sorbitol and mannitol are the worst offenders and sorbitol is often found in diabetic hard candies and ice cream. It is wise to check the food labels on all items, but if trying to maintain a low sugar or low carbohydrate diet you need to be aware that foods containing sugar alcohols need to have their calorie and carbohydrate contents accounted for in your meal plan.

*Submitted by Mary Fleisher, Wellness Coordinator*

## Center News...

Harriet Hopf, our Thrift Shop Manager, would like to thank all the volunteers who work in the Thrift Shop for helping to get it under control, and keeping it under control. We would like to thank Harriet for going through the Thrift Shop and finding clothing for the families that were displaced from a fire in the Twinbrook community.

Harriet is also looking for a donation of a mannequin or a dress form for the Thrift Shop to display clothing on. If you have one to donate, please bring it in.

Soon we will be replacing the front automatic doors to the building. Please be patient with the minor inconveniences that this may cause. The end result will be terrific!

During power outages we need to ensure that everyone is safe in the building. For that reason we will close down any room which we do not feel is properly lit (i.e., Fitness Room, Azalea Room, Library, Thrift Shop, Art & Crafts Room). If the instructor determines that there is enough natural light to continue with a scheduled program, it will be held, however, if the power will be out for an extended period of time some programs may be re-scheduled to a later date. Please be very cautious when moving around the building and follow the instructions of staff - remember - your safety is our primary concern.

The Stamp Club will resume meetings on March 18, 2005 and will continue to meet on the third Friday of each month 10:30 a.m. to 11:30 a.m.



## Senior Assistance Fund

If you need financial assistance to help pay for membership, classes or day trips, help is available. Come pick up an application in the Transportation Office. Once completed, return the form plus proof of your income to Lorraine Schack for processing. **All information is kept confidential.** The Senior Assistance Fund is only available to city residents.



### BINGO:

- Needs a **SCHEDULER**. Do not have to work evenings - you just make sure there are enough people to work Bingo on Wednesday evenings. A list of volunteers is provided.

### AQUARIUM:

- We need someone to maintain the **fish tank** in the Dining Room. Flexible hours.

Call 240-314-8800 if interested in any of these positions.

**The Center is such a wonderful place because of its volunteers! Please give a few hours back to the place you love. Don't forget - if you volunteer you could earn a free Center membership!**

# Programs and Services...

Shopping: March 14 – Montgomery Mall

## OUTREACH AND SERVICES

**Advance Directives – A Guide to Maryland Law on Health Care Decisions**  
Forms and information are available in the Transportation office and in Outreach services.

**Applications** - Medical Assistance, Rental Assistance, Pharmacy Assistance and other applications are available in the Senior Outreach office.

**Assistive Listening Devices** – If you need help hearing a speaker or a program, new earphones purchased by the Center can help. Ask any staff person for assistance.

**Companion Animals** – Birds are available for loan and/or adoption. Look for them before the monthly birthday party.

**File of Life** – Have vital medical information available in emergency situations. Your medical information is attached to a large magnet placed on front of your refrigerator – saving valuable time for emergency or rescue personnel. Available in transportation office and in Outreach services.

**Financial Assistance** – *Senior Assistance Program* will help with Senior Center membership, class fees, trips, and programs. Must be income eligible and a Rockville resident. To apply call 240-314-8810. *Rockville Emergency Assistance Program* will provide personal assistance when faced with emergency financial difficulties. For an appointment call 240-314-8816.

**Health Insurance Counseling** – One-on-one counseling on Medicare, medigap policies, long-term care insurance, HMOs, claims and appeals is available each month from volunteers from Senior Health Insurance Assistance Program. Call 240-314-8810 for an appointment.

**Home Repair, Maintenance and Modification** – Provided by skilled volunteers, these free services are available to low and moderate income seniors who live in Rockville. To apply, call Senior Outreach at 240-314-8816.

**Grandparents Raising Grandchildren Support Group** – Meet other grandparents, gain support, and learn about resources. Call Lorraine at 240-314-8810 for information.

**Information and Assistance** – Learn about important services for seniors. For help in Chinese call 240-314-8818, in English call 240-314-8816 and in Spanish call 240-314-8817

**Legal Assistance** – For assistance with simple wills a volunteer attorney is available monthly. For an appointment call 240-314-8810.

**Loan Closet** – Wheelchairs, walkers, tub seats and other medical equipment are available for short-term loan. Wheelchairs, \$50 refundable deposit. Call 240-314-8803

**Mobile Post Office** – Tuesdays 11am – 12:15 pm in front of the senior center.

**Notary Services** – No charge. Call 240-314-8810 or see Bette in the transportation office.

## TRANSPORTATION (applications are available in the Transportation office)

**Accessible Parking Applications** – For motorists with disabilities, applications for parking placards and license plates are available.

**Call'N Ride** – Taxi coupons valued at \$30.00 may be purchased each month at a reduced rate based on income and family size.

**City of Rockville buses** – Door to door bus service is available to the Rockville Senior Center, shopping, the Pump House, club meetings and special trips. Reservations are required.

**Metro Access** – This is a public transportation service for individuals with disabilities. Participants must be certified by Metro (WMATA) that they are not able to use public transportation. A guide to Metro Access and applications may be picked up.

**Metro Applications for Senior Citizen Reduced Fare Program** – ID cards are necessary for discounted Metrobus and Metrorail fares.

**Metro Fare Cards** Discount fare cards are available for purchase. Minimum age 65.



## *Carnation Supper Club...*

Feb. 2005 \* Please call  
240-314-8810 for reservations!

Join us on Tuesday evenings at 5:00 p.m. for dinner, socializing, and entertainment. Transportation is provided. Please call before noon on Fridays to make a reservation. The price for each dinner with entertainment is \$6.00.

### **March 1st:**

Orange Juice  
Beef Barbeque with Bun  
Mixed Vegetables  
Cole Slaw  
Fruited Jello  
Milk-Tea-Coffee

**Featuring "Greg Lupton, Piano"**

### **March 8th:**

Baked Chicken with Gravy  
Scalloped Potatoes  
Chopped Spinach  
Tossed Salad  
Dinner Roll  
Canned Peaches  
Milk-Tea-Coffee

**Featuring "Luisa Sleeman, Singer"**

### **March 15th:**

Vegetable Soup  
Round Pizza  
Potato Wedges  
Lettuce & Tomato Salad  
Ice Cream  
Milk-Tea-Coffee

**Featuring "Joe Gravlin, Singer"**

### **March 22nd:**

Spaghetti with Meat Sauce  
Steamed Broccoli  
Vegetable Salad  
French Bread  
Spiced Apples  
Milk-Tea-Coffee

**Featuring "Shelia Marie,  
Patsy Cline Tribute"**

### **March 29th:**

Baked Scrod  
Macaroni & Cheese  
Buttered Peas  
Whole Wheat Bread  
Pineapple  
Milk-Tea-Coffee

**Featuring "Carroll County  
Cloggers"**



*Add years to your life....and life to your years!*

## **Low-Fat Lime Cheesecake**



**Makes 16 slices Preparation  
Time 20 min Bake Time: 1  
Hour**

### **Crust:**

1 1/4 cup Graham Cracker Crumbs  
1/4 cup SPLENDA®: Granular  
3 Tbsp. Butter, melted  
Mix ingredients together, and press into a 10" spring form pan.

### **Filling:**

1 lb. Regular Cream Cheese  
1 lb. Fat-Free Cream Cheese  
1 1/4 cup SPLENDA® Granular  
1 1/2 Tbsp. Lime Juice  
pinch of salt  
4 Large Eggs

Preheat oven to 350°.

Beat cream cheese and SPLENDA® Granular until well mixed and smooth. Add lime juice and a pinch of salt, beat until smooth. Add eggs 1 at a time, beating well after each addition.

Pour filling over crust and bake 50-60 minutes or until slightly firm to the touch. Let cool 15-20 minutes before placing in the refrigerator. Refrigerate 4- 6 hours before serving.

This recipe when compared to a traditional cheesecake represents a 37% reduction in calories, a 40% reduction in fat, a 60% reduction in saturated fat, a 75% reduction in carbohydrates, and 90% reduction in sugars!

# Computer Lab Update...

## BEGINNERS INTRODUCTION TO PERSONAL COMPUTERS #13208

Mar 14 – Monday 10 – 11:30 a.m.  
THE COMPUTER KEYBOARD

Mar 14 – Monday 12:30 – 2:00 p.m.  
USING THE COMPUTER MOUSE

Mar 29 & 31 – Tues/Thurs 10:30 – 12 noon  
BEG INTRO TO WORD PROCESSING

### PLEASE NOTE:

These free classes provide fundamental computer skills and are one of the prerequisites to future classes. **Telephone registrations will not be accepted.** If you wish to register for the Beginners Series, visit the Information Desk at the Senior Center and fill out the registration form.

You must register for ALL 4 BEGINNER CLASSES, unless you can pre-qualify prior to class at one of our Student Skills Practice Labs. Our instructors and coaches are available every Friday from 9:30-11:30 a.m. to help you qualify for your class choices. If you do register and find you are unable to attend, please call-another member may wish to take your place.

## OPEN SKILLS PRACTICE LAB

Our Instructors and Coaches are available every Friday morning from 9:30 – 11:30 a.m. during our Open Skills Practice Lab to help qualify you for your class choices. Stop in and meet with them.

## UPCOMING CLASSES MARCH 2005

Before you register: Please note these classes are listed in date order, and are appropriate for students of various ability levels as indicated below.

### Class Levels:

A = Beginners with no prior computer experience

B = Students with some prior computer experience, recent practice

C = Students who have completed pre-requisites

D = Students with specific listed pre-requisites

Most classes have required pre-requisites, fees and class materials cost (payable to instructor). Be sure to register early! See the Recreation Guide for dates, times and specific details.

B	#13214	Clarify Computer Concepts	Mar 1
D	#13202	Photo Editing	Mar 1 - 10
C	#13205	e-Bay: A Thorough Understanding	Mar 7 - 23
A	#13208	Beg. Intro to Computers	Mar 14, 29, 31
B	#13257	Windows Accessories	Mar 15
B	#13256	Fonts, Fonts, Fonts	Mar 17

# Montgomery County Senior Nutrition Program - LUNCH MENU

Call 240-314-8810 for reservations and cancellations. The full cost of the meal is \$4.15.  
For persons age 60 and over and spouse of any age, a voluntary contribution is requested.

	<b>Tuesday, Mar 1</b> Chicken Parmesan Scalloped Potatoes Green Beans Tossed Salad Fruit Muffin Pineapple Tidbits	<b>Wednesday, Mar 2</b> Breaded Scrod Baked Potato Mixed Vegetables Coleslaw Whole Wheat Bread Spiced Apples	<b>Thursday, Mar 3</b> Navy Bean Soup Spaghetti w/ Meat Sauce Chopped Spinach Cucumber-Onion Salad French Bread Fresh Fruit	<b>Friday, Mar 4</b> Orange Juice Spinach-Brown Rice-Cheese Casserole Kidney Bean Salad Pumppernickel Bread Fruited Jello
<b>Monday, Mar 7</b> Orange Juice Vegetarian Lasagna Medley Bean Salad French Bread Fresh Fruit	<b>Tuesday, Mar 8</b> Orange Juice Turkey with Gravy Potatoes & Peas Whole Wheat Bread Diced Pears	<b>Wednesday, Mar 9</b> Orange Juice Shepherd's Pie Tossed Salad Pumppernickel Bread Fruited Jello	<b>Thursday, Mar 10</b> Chicken Curry Brown Rice Peas Spinach Salad Fruit Muffin Pineapple Tidbits	<b>Friday, Mar 11</b> Vegetable Soup Tuna Salad Whole Wheat Bread (2) Marinated Beets Fresh Fruit
<b>Monday, Mar 14</b> Chicken Cacciatore Brussels Sprouts Garden Salad Fruit Muffin Applesauce	<b>Tuesday, Mar 15</b> Apple Juice Teriyaki Beef Tips Sweet Potatoes Broccoli Confetti Salad WW Bread & Fruit	<b>Wednesday, Mar 16</b> Tomato Soup Turkey a la King with Peas & Brown Rice Medley Bean Salad Roll Canned Pears	<b>Thursday, Mar 17</b> St. Patrick's Day Orange Juice Salisbury Steak w/Gravy Mashed Potatoes Vegetable Salad WW Bread & Jello	<b>Friday, Mar 18</b> Breaded Scrod Corn & Lima Beans Zucchini Carrot Raisin Slaw Pumppernickel Bread Fresh Fruit
<b>Monday, Mar 21</b> Tomato Soup Tuna Salad Coleslaw WW Bread (2) Fruited Jello	<b>Tuesday, Mar 22</b> Apple Juice Three Bean Chili with Rice Garden Salad French Bread Fresh Fruit	<b>Wednesday, Mar 23</b> Roast Beef w/ Gravy Mashed Potatoes Mixed Vegetables Cucumber-Onion Salad Whole Wheat Bread Fresh Fruit	<b>Thursday, Mar 24</b> Turkey Divan Baked Potato Sunshine Salad Pumppernickel Bread Diced Pears	<b>Friday, Mar 25</b> GOOD FRIDAY
<b>Monday, Mar 28</b> EASTER MONDAY	<b>Tuesday, Mar 29</b> Minestrone Soup BBQ Beef on a Bun Corn & Lima Beans Coleslaw Fruited Jello	<b>Wednesday, Mar 30</b> Chicken C'try Captain Brown Rice Spinach Salad Whole Wheat Bread Fresh Fruit	<b>Thursday, Mar 31</b> Breaded Scrod Scalloped Potatoes Stewed Tomatoes Medley Bean Salad WW Bread & Peaches	



City of Rockville  
Rockville Senior Center  
1150 Carnation Drive  
Rockville, Maryland 20850

PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
ROCKVILLE, MD  
PERMIT NO. 63

#### MAYOR AND COUNCIL

Larry Giammo, Mayor  
Robert E. Dorsey  
John F. Hall, Jr.  
Susan R. Hoffman  
Anne M. Robbins

#### ROCKVILLE SENIORS, INC.

##### Board of Directors

President/Chairperson - Ron Barber  
V. President/Co-Chairman - George Galasso  
Treasurer - Mary Ryan  
Ass't Treasurer - Betty Hughes  
Reporting Sec. - Marjorie Costa  
Memorial Secretary - Louise Gregory  
Committee Chair - Mary Barber  
Committee Chair- Betty Briscoe  
Committee Chair - Vacant  
Committee Chair - Chu Shen  
Senior Commission Liaison - Marty Roney

#### ROCKVILLE SENIOR CITIZENS COMMISSION

Chair: Ciriaco Gonzales  
Vice-Chair: Marty Roney  
Commissioners:  
Richard Alhberg Audrey Beck  
Stuart Crump Connie Farrell  
Nancy McIntyre Pete Sante  
Jonathon Triandafilou

#### DEPARTMENT OF RECREATION AND PARKS

Burt Hall, Director  
Philip Bryan, Supt. of Recreation  
Steve Mader, Supt. of Parks and Facilities

Any individuals with disabilities who would like to  
receive the information in this publication in an-  
other form may contact the ADA Coordinator at  
240-314-8100.

#### SENIOR CENTER STAFF

Nick Aquino, Building Custodian  
Mary Barber, Clerk  
Maryam Bidrosian, Nutrition Aide  
Janet Colwell, Clerk  
Jackie Cristiano, Program Assistant  
Keith Dennis, Building Custodian  
B.J. Dittbrenner, Outreach Worker  
Mary Fleisher, Wellness Coordinator  
Edith Gregg, Clerk  
Jill Hall, Senior Center Supervisor  
Mary Hebron, Bus Driver/Nutrition Aide  
Anthony Hilliard, Bus Driver  
Dorothy Jackson, Clerk  
Theodore Jackson, Bus Driver  
Jean Kemmerer, Nutrition Program Aide  
Chris Klopfer, Personal Trainer  
Vacant, Nutrition Site Manager  
Karen Lumpkin, Sr. Recreation Coord.  
Edward Lynn, Bus Driver  
Marie MacKay, Clerk  
Martha McClelland, Outreach Worker  
Melissa McKenna, Center Secretary  
Miriam Minera, Outreach Worker  
Angie Reed, Bus Driver  
Karina Rodriguez, Reg. Specialist  
Bette Sanders, Senior Services Secretary  
Lorraine Schack, Sr. Social Services Coord.  
Vicki Smith, Nutrition Program Aide  
Dorothea Sipes, Bus Driver  
Joyce Staub, Sports & Exercise Coord.  
Shelley Stewart, Bus Driver  
Zhao-Yong Sun, Outreach Worker  
Christine Sutton, Program Assistant  
Ann Taylor, Kitchen Manager  
Eileen Tragert, Program Assistant  
Lillian Tyska, Clerk  
Chris Veirs, Program Assistant  
Margie Wheeler, Supper Club Site Mgr.  
Rozell Wilson, Bus Driver

#### Mission Statement

To promote participation by all Rockville citizens in diverse, interesting, and high quality  
recreational and leisure opportunities in safe, modern, and well maintained parks and facilities.